

March 2007

Available Now...

Lamb

Colorado is well-known around the world for its high quality lamb.

Colorado's 390,000 sheep and lambs are valued at \$53 million. The state ranks fourth in the nation for sheep and lamb production.

Lamb is an excellent source of protein, Vitamin B-12, niacin, zinc and a good source of iron.



Look for Colorado lamb at your local grocery store or at restaurants across the state.

Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit www.coloradoagriculture.com for a complete list of recipes.

Lamb L'anglaise with Soubise Sauce

Chef Justin Barbour, ACF Colorado Chefs Association

2 each	Lamb shoulder, trimmed
2	Onions
6-8 tbsp.	Butter, melted
2 tbsp.	Canola oil
2 cups	Half and half
1 tsp.	Nutmeg
2	Bay leaves
3	Eggs
6 oz.	Flour
2 cups	Panko (bread crumbs)
	Salt and Pepper

Slice onions into 1 inch wedges and blanch in boiling water.

In small sauce pan combine 2 tbsp. of butter and 1 oz. of flour. Cook on medium heat until slightly tan and you can't taste the flour anymore. Add half and half, nutmeg, bay leaves and a pinch of salt and bring to a simmer, stirring occasionally. This is a béchamel sauce.

Add 2 tbsp. of butter and 1 tbsp. of oil to a hot skillet pan. Salt and pepper lamb. Place lamb in the center of the pan and dump the blanched onions around. Lower heat to medium low. Cover and let cook for about 4 minutes or until bottom side of the meat is golden brown. Pour about 1 tbsp. of butter over lamb and do so every few minutes. Continue to check and stir onions every few minutes until meat is at an internal temperature of 135°F (for medium rare, 150°F for medium) and onions are falling apart and slightly blackened. Cooking time will vary depending on meat and temperature of stove.

Remove lamb and set aside. Pour simmering béchamel sauce over onions and stir. Cook for about 2 minutes, stirring continuously, to remove all brown bits on the bottom of the pan. Pour through a sieve to strain out the pieces of onions. Set aside and keep warm.

Place cracked eggs in a bowl and whip for about 30 seconds. Place remaining flour and the panko on plates. Salt and pepper flour. Pat lamb with a paper towel to remove excess liquids. Roll lamb in flour to coat, knocking off excess. Dip lamb in eggs to coat. Roll lamb in panko to coat.

Place 1 tbsp. of butter and one tbsp. of oil in hot pan. When butter gives off a nutty aroma place lamb in pan. Cook approximately 30 seconds on each side of lamb or until panko is golden brown. Check to make sure meat has hit an internal temperature of 145°F. Plate with sauce and enjoy. Serves two.

Enjoy with a Colorado wine, such as a glass of Syrah from Balistreri Vineyards, located in Denver, Colorado.

Next Month... Eggs